

Claims

1. A kit for preparing salads comprising at least one ingredient (I) which is cooked and at least one fruit, vegetable or cereal product, wherein the kit comprises;
 - a) a cooking composition comprising less than 40%wt of fat and flavouring agents in an amount of from 5 to 100% by weight, based on the weight of the cooking composition, for cooking ingredient(I), and
 - b) a dressing for contacting with the at least one fruit, vegetable or cereal product, which dressing comprises 60%wt or less fat based on the weight of the dressing.
2. A kit according to claim 1, wherein the cooking composition comprises less than 5%wt of hardened fats, based on the weight of the fat in the composition.
3. A kit according to either one of claims 1 or 2, wherein the cooking composition comprises up to 30%wt fat.
4. A kit according to any one of the preceding claims, wherein the cooking composition comprises flavouring agents in an amount of from 10 to 90%wt.
5. A kit according to any one of the preceding claims, wherein the dressing is an emulsion.
6. A kit according to claim 5, wherein the emulsion is an oil-in-water emulsion.

7. A kit according to any one of the preceding claims, wherein the dressing comprises 10 to 40% wt fat.
8. A kit according to any one of the preceding claims, wherein both the cooking composition and the dressing comprise fat and the weight ratio of fat in the cooking composition to fat in the dressing is in the range of from 2:1 to 1:300.
9. A kit according to any one of the preceding claims, wherein the total fat content of the cooking composition and the dressing combined is in the range of from 5 to 50 %wt.
10. A kit according to any one of the preceding claims, wherein the at least one cooked ingredient (I) is chicken, egg, meat, fish, a vegetable-derived protein source, cooked fruit, cooked vegetables or cooked bread.
11. A kit according to any one of the preceding claims, wherein the at least one fruit, vegetable or cereal product comprises salad leaves, a salad vegetable, pasta, rice, couscous.
12. A kit according to any one of the preceding claims, wherein the weight ratio of the cooking composition to dressing is in the range of from 1:20 to 2:1.
13. A process for preparing a salad comprising at least one ingredient which is cooked and at least one fruit, vegetable or cereal product, the process comprising the steps of 1) cooking the at least one ingredient in a cooking composition comprising less than 40%wt of fat and flavouring agents in an amount of from 5 to 100% by weight, based on the weight of the cooking composition, to produce

at least one cooked ingredient (I), and 2) contacting the at least one fruit, vegetable or cereal product with a dressing comprising from 60%wt or less fat and 3) mixing the at least one cooked ingredient (I) with the at least one fruit, vegetable or cereal product before, during or after the fruit, vegetable or cereal product is mixed with the dressing and wherein the cooking composition and the dressing are provided as a kit for preparing a salad.

14. A salad comprising at least one ingredient which is cooked and at least one fruit, vegetable or cereal product and which salad is prepared using the kit according to any one of claims 1 to 12 and/or by the process of claim 13.